



# InShape

## West Valley City Fitness and Recreation Center News

### Breakfast with Santa

December 5, 9AM  
(Registration due December 1)

December 12, 9AM  
(Registration due December 8)

Adults (12 and up): \$5  
Children (5 to 11): \$4  
Children (4 and under): \$2

Children must be accompanied  
by a paying adult

Each child will receive a photo with Santa and a gift bag. Additional photos are available for \$3.



### Join us for the Annual Christmas Tree Lighting and Walk with Santa!

**Monday, December 7**  
**Tree Lighting is at 6:00 p.m. SHARP**  
**Followed by a walk with Santa**

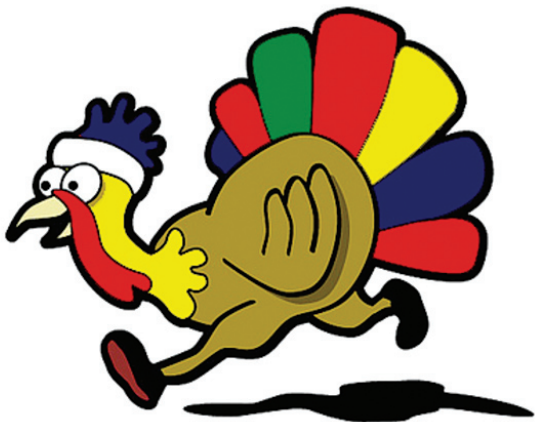
Other festivities inside the Fitness Center following the walk: Free visits with Santa (Picture cost \$3 each); Free kids crafts; Candy Cane Hunt; Free Face Painting; Free Cocoa and Cookies; Program Demonstrations

### Busy Bee

This twice-a-week program is designed for 3 to 5 year olds (must be potty trained), and features a variety of activities including arts & crafts, music, letter & number recognition, and more!

Members - \$40/month  
Non-Members - \$45/month

For more information, call  
(801) 955-4000.



### Turkey Trot 5K Run

Saturday, November 21  
8:00 a.m.

Adults: \$15 plus a can of food  
Youth (17 and under): \$10 plus a can of food  
Families: \$45 (up to 6 family members) plus a can of food for each runner

Entry fees include t-shirt, drawing & ribbons 3 deep.

Pre-register at the Family Fitness Center; Race Day  
Registration from 7 – 7:30 a.m.



### Host Your Next Birthday Party at the Family Fitness Center

Let the staff of the West Valley City Family Fitness Center take the stress out of planning your next birthday party. With three packages to choose from, there's no better way to celebrate!

Three options to choose from, starting at \$70 for ten kids and two adults. Additional guests, pizzas, drinks, and cakes available at an additional cost.

Reservations must be made one week prior to event.

### West Valley Dance Force



The Family Fitness Center offers all formats of dance, including ballet, hip-hop, jazz, cheer, tap, and more! Adult classes are also available.

For more information, call  
(801) 955-4030.

### Tae Kwon Do

(For ages 8 & older)

Tuesdays and Thursdays

New/Beginner:  
7 - 7:45 pm

Intermediate/Advanced:  
7:45 - 8:30 pm

Members, \$30; non-members, \$40 (monthly)

### Looking for Holiday Gift Ideas?

#### Give The Gift That Lasts All Year!

FREE Gift with purchase of new memberships before December 24th.

Family memberships available now with the first month only \$32.80

Other membership options available, call (801) 955-4000 for more information.

#### Gift Certificates make great stocking stuffers!

FREE Gift with purchase of new memberships before December 24th

- Swimming Lessons
- Personal Training Sessions
- 10-Pack of Day Passes
- Fitness Class Passes
- And Much More...

information



5415 West 3100 South, West Valley City, UT 84120 (801) 955-4000 [www.WestValleyFitnessCenter.org](http://www.WestValleyFitnessCenter.org)  
Facility Hours: M-F 5 a.m. - 10 p.m. Saturday 6:30 a.m. - 9 p.m. Sunday 10:30 a.m. - 5 p.m.  
Lap Swim: M-F 5 a.m. - 9 p.m. Saturday 6:30 a.m. - 8 p.m. Sunday 10:30 a.m. - 4 p.m.  
Open Plunge: M-F 11:30 a.m. - 9 p.m. (slide opens at 5 p.m.) Saturday 11:30 a.m. - 8 p.m. Sunday 12 p.m. - 4 p.m.

